



PUCKETTE

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Helpful Tips for Going Gluten-Free

Making the change to a gluten-free diet is a major lifestyle transition. There is a lot to know about foods, ingredients, and changes in lifestyle and cooking. It is helpful to have some guidance as you first get started. You can take things one step at a time to help you ease in to this transition.

Steps to Get Started

1. Focus on the Foods You Can Eat

- a. Start with your favorite fresh produce and meats.
- b. When choosing packaged foods, look for those that have the GFCO certification symbol (see below) or are labeled “gluten-free”.



2. Learn to read food labels.

- a. The three grains you will need to avoid in foods, medicines, or personal care products are:
 - i. Wheat—includes couscous, durum, graham flour, kamut, matza, seitan, spelt, and triticale
 - ii. Rye—includes rye, rye flour, and anything made from rye
 - iii. Barley—includes bulgur, beer, brewer’s yeast, malt, malt vinegar, and malted milk
- b. Watch out for the words triticum (the technical name for wheat) and hordeum (the technical name for barley).
- c. Keep in mind that “wheat-free” on a label is not the same as “gluten-free”.

3. Clean out your kitchen and pantry.

- a. You will want to remove any food that contains gluten from your pantry, or, if you are the only person in your home going gluten-free, you can designate a cupboard specifically for gluten-free foods.

- b. You will want to store gluten-free foods you purchase away from other food products that contain gluten to avoid crumbs falling in to your gluten-free food.
 - c. If you will be toasting any gluten-free products, you will want to replace your toaster, or get a second toaster that is designated as gluten-free.
 - d. Take a look at any worn out pans with scratches and dents to see if they may be holding any food particles. If yes, you will want to replace them to avoid cross-contamination to your gluten-free foods. Or, if you are able, you can buy one or two new pans that you only use for gluten-free food prep.
 - e. You will want to have separate gluten-free containers of peanut butter or other condiments in which one might dip a knife that has crumbs on it. Designating items as gluten-free will help you to avoid cross-contamination that might occur.
4. Plan ahead when eating out.
- a. Go to restaurants that have a gluten-free menu. Check out the restaurant online or call ahead to ask if they have a gluten-free menu.
 - b. Communicate with your server. Before you place your order, let your server know you are not able to eat gluten. After you finish telling the server your order, be sure to repeat that you are not able to eat gluten.
 - c. If you are not sure if an item on the menu has gluten, just ask. If the server does not know, request that the server asks the chef and then lets you know.
5. Bring food with you to social gatherings.
- a. The best way to make sure you have something gluten-free to eat at a social gathering is to bring a dish to share with you that you know you can eat.
 - b. This will allow you to enjoy the social event without worrying about what you will eat.

Additional Resources

<https://gfjules.com/going-gluten-free/>

<https://gluten.org/resources/getting-started/label-reading/>

<https://gluten.org/resources/getting-started/one-step-at-a-time/>

<https://www.verywellfit.com/how-to-go-gluten-free-563172>

<https://www.developgoodhabits.com/gluten-free-diet/>